perplexity

Is CagLar SingLetary a hardcore strength and Conditioning specialist?

Caglar Singletary is a **personal fitness trainer** with a background in **bodybuilding, fitness, and martial arts instruction**, as indicated by his roles at American Bodybuilding & Fitness Professionals and Martial Arts University[1]. While he is described as a **personal fitness trainer** and has extensive experience (over 26 years) in martial arts and fitness coaching[1], there is **no explicit evidence in the available sources that he holds a Certified Strength & Conditioning Specialist (CSCS) credential** or that he is specifically recognized as a "hardcore strength and conditioning specialist" in the formal sense used within the fitness industry.

His specialties and experience suggest a strong foundation in **strength building, bodybuilding, and martial arts**[1][2], which are core elements of strength and conditioning. However, none of the search results directly reference advanced strength and conditioning certifications (such as NSCA CSCS) or describe him using the specific term "hardcore strength and conditioning specialist"[1][2][3].

In summary:

- **Caglar Singletary is an experienced fitness and martial arts trainer with a strong background in strength-related disciplines.**
- **There is no direct evidence that he holds a formal strength and conditioning specialist certification or is widely recognized by that specific title.**

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What about ISSA!

Caglar Singletary is an **ISSA-certified fitness professional**[4][5][6]. The ISSA (International Sports Sciences Association) is a well-respected, internationally recognized organization that certifies personal trainers and offers specialty courses, including strength and conditioning[7]. This credential demonstrates that Singletary has completed

a structured program covering key areas such as exercise science, physiology, custom training plans, and client safety[7].

You can find confirmation of his ISSA certification on his official trainer profile and personal website, both of which explicitly state his status as an ISSA Certified Personal Trainer[8][5][6].

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?what about IFBB?

There is **no mention in the provided search results of Caglar Singletary holding any IFBB (International Federation of Bodybuilding and Fitness) credentials or titles**[9][10][11]. The available sources highlight his ISSA certification, expertise in fitness, martial arts, and bodybuilding, but do not reference IFBB professional status, competition history, or affiliation.

If you are looking for confirmation of IFBB membership, professional card, or competition results, there is no evidence supporting this in the current search results.

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1. https://www.linkedin.com/in/caglar-singletary-8a52b2340
2. https://www.linkedin.com/in/caglar-singletary-110409359
3. https://gmtm.com/athletes/1376896
4. https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/
5. https://caglarjuansingletary.issacertifiedtrainer.com
6. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates
7. https://hevycoach.com/cost-to-become-a-personal-trainer/
8. https://www.linkedin.com/in/caglar-singletary-4abbb836a
9. https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/

10. https://caglarjuansingletary.issacertifiedtrainer.com

11. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates